metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Monday, April 22, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

VOLUNTEERS WANTED
Participants needed for research studies of investigational medications for...
• ADHD • DEPRESSION
• SCHIZOPHRENIA • BIPOLAR
• HEALTHY VOLUNTEERS • DIABETES
• MIGRAINE • OSTEOARTHRITIS
Qualified Participants may receive compensation up to $3,475 for time and travel.
Contact us to see if you qualify at
866-221-7841
or visit www.hritrials.com
HASSMAN RESEARCH INSTITUTE

Metro fills you in on how to celebrate Earth Day and what you can do to help save the planet, today and every day.

PHOTO ILLUSTRATION ISTOCK | KATHLEEN COMBS

4 THINGS TO KNOW

Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
66° | 54°	70° | 56°	66° | 50°	61° | 50°	65° | 51°
Slight chance showers	Mostly sunny	Chance showers	Partly sunny	Slight chance showers

Bombs kill more than 200 in Sri Lankan churches, hotels on Easter Sunday

At least 27 of the dead were foreigners, including several Americans.

REUTERS

More than 200 people were killed and at least 450 injured in bomb blasts that ripped through churches and luxury hotels in Sri Lanka on Easter Sunday, the first major attack on the Indian Ocean island since the end of a civil war 10 years ago.

Seven people were arrested and three police officers were killed during a security forces raid on a house in the Sri Lankan capital several hours after the attacks, many of which officials said were suicide bomb explosions.

The government declared a curfew in Colombo and blocked access to social media and messaging sites, including Facebook and WhatsApp. It was unclear when the curfew would be lifted.

"Altogether, we have information of 207 dead from all hospitals. According to the information as of now we have 450 injured people admitted to hospitals," police spokesman Ruwan Gunasekera told reporters.

Three churches in various parts of the country and four hotels in Colombo were hit. At least 27 of the dead were foreigners, including five British people, two of whom had dual U.S. citizenship, and three Indians, according to officials in those countries.

Also among the fatalities were three people from Denmark, two from Turkey, and one from Portugal, officials said. There were also Chinese and Dutch among the dead, according to media reports.

U.S. Secretary of State Mike Pompeo said U.S. nationals were among those killed, but did not give details.

President Donald Trump said America offered "heartfelt condolences" to the Sri Lankan people and stood ready to help.

There were 25 unidentified bodies, believed to be of foreigners, at the Colombo Judicial Medical Officer's mortuary, Sri Lanka's foreign ministry said.

PRIOR INFORMATION

There were no immediate claims of responsibility for the attacks in a country which was at war for decades with Tamil separatists until 2009, a time when bomb blasts in the capital were common.

Prime Minister Ranil Wickremsinghe acknowledged that the government had some "prior information of the attack," though ministers were not told.

He said there wasn't an adequate response and there needed to be an inquiry into how the information was used.

He also said the government needs to look at the international links of a local militant group.

Agence France Presse reported that it had seen documents showing that Sri Lanka's police chief Pujuth Jayasundara issued an intelligence alert to top officers 10 days ago, warning that suicide bombers planned to hit "prominent churches." He cited a foreign intelligence service as reporting that a little-known Islamist group was planning attacks.

A Sri Lanka police spokesman said he was not aware of the intelligence report.

Local Christian groups have said they faced increasing intimidation from some extremist Buddhist monks in recent years. Last year, there were clashes between the majority Sinhalese Buddhist community and minority Muslims, with some hardline Buddhist groups accusing Muslims of forcing people to convert to Islam.

Dozens were killed in one of the blasts at St. Sebastian's Gothic-style Catholic church in Katuwapitiya, north of Colombo. Gunasekera said the police suspected a suicide attack there. Pictures from the site showed bodies on the ground, blood on the church pews and a destroyed roof.

Local media reported 25 people were also killed in an attack on an evangelical church in Batticaloa in Eastern Province. REUTERS

British pop singer Adele separates from husband

2 British pop singer Adele and her husband have separated, her representatives said over the weekend. One of the most successful singer-songwriters of all time, Adele and water charity executive Simon Konecki met in 2011. They had a son a year later, and married in 2016. "Adele and her partner have separated. They are committed to raising their son together lovingly. As always they ask for privacy. There will be no further comment," a spokesman for Adele said in a statement. Adele Adkins, 30, shot to fame in 2008 with her debut album "19," lauded for its combination of soulful vocals and confessional lyrics. Her last album, "25," released in 2015, broke U.S. and British records by becoming the fastest-selling album of all time. She became the first person in the history of the Grammy awards to win the top three awards twice. REUTERS

Queen celebrates 93rd birthday at Easter service

3 Britain's Queen Elizabeth, the world's oldest and longest reigning living monarch, celebrated her 93rd birthday on Sunday by attending the traditional Easter service at Windsor Castle. Elizabeth was accompanied by members of her family, including grandsons Prince William and Prince Harry, and William's wife Catherine, at the Easter Mattins service in St George's Chapel. Prince Harry's wife Meghan Markle, who is due to give birth to the couple's first child imminently, did not attend. The couple, who were married at the chapel in May 2018, posted a birthday greeting to Elizabeth on their official Instagram account. "Happy Birthday Your Majesty, Ma'am, Granny. Wishing you the most wonderful day! Harry & Meghan," they wrote. Elizabeth was born on April 21, 1926, in Bruton Street, central London and became queen in 1952 at the age of 25. REUTERS

Comedian landslide winner of Ukraine presidential race

4 Ukraine entered uncharted political waters on Sunday after an exit poll showed a comedian with no political experience and few detailed policies had easily won enough votes to become the next president of a country at war. The apparent landslide victory of Volodymyr Zelenskiy, 41, is a bitter blow for incumbent Petro Poroshenko, who tried to rally Ukrainians around the flag by casting himself as a bulwark against Russian aggression and a champion of Ukrainian identity. The national exit poll showed Zelenskiy had won 73 percent of the vote, with Poroshenko winning just 25 percent. If the poll is right, Zelenskiy, who plays a fictitious president in a popular TV series, will now take over the leadership of a country on the front line of the West's standoff with Russia following Moscow's annexation of Crimea and support for a pro-Russian insurgency in eastern Ukraine. REUTERS

Hassman Research Institute

would like you to help

improve the quality of life.

Participants needed for research studies of investigational medications for...

- Addiction
- ADHD
- Anxiety
- Asthma
- Bipolar
- Conjunctivitis (Pink Eye)
- Depression
- Diabetes
- Eczema (Atopic Dermatitis)
- Huntington's Disease
- Healthy Volunteers
- Influenza ("The Flu")
- Lactose Intolerance
- Liver Disease
- Migraine
- Non-Alcoholic Steatohepatitis (NASH)
- Non-Alcoholic Fatty Liver Disease (NAFLD)
- Osteoarthritis
- PTSD
- Parkinson's Disease
- Psoriasis
- Schizoaffective
- Schizophrenia
- Urinary Tract Infection (UTI)

Qualified participants may receive compensation up to $3,475 for time and travel

Transportation is available | No insurance needed

HASSMAN RESEARCH INSTITUTE

See how you can make a difference, contact us at
1-866-230-4185 or visit **www.hritrials.com**

Do you or a loved one have schizophrenia?

If so, please contact HRI Trials today about inpatient and outpatient medical research studies

Qualified participants must:

- Be at least 18 years of age
- Currently experience symptoms of Schizophrenia

Qualified participants receive:

- All study related evaluations and study medication at no cost
- Total compensation ranging from $1,000 to $6,000 for time and travel

For more information, call 866-410-3838 • HRITrials.com

Gear up for Earth Day festivities in Union Square

What to know about Earth Day Initiative's environmental festival in Union Square.

MORGAN ROUSSEAU
morgan@metro.us

More than 70 organizations will participate in this year's Earth Day event in Union Square. EARTH DAY INITIATIVE

New Yorkers who are contemplating ways to help make a difference on Earth Day can head to Union Square on Tuesday for free family-friendly events.

Earth Day Initiative's annual event kicks off at noon in Union Square, and runs until 6:30 p.m. The festival will feature dozens of exhibits by environmental nonprofits and green businesses, as well as kids' activities and live performances.

The annual gathering is considered the most high-traffic Earth Day event in the nation. This year, organizers are launching a one-year countdown to the 50th anniversary of Earth Day, which began in 1970.

"That was a time when people really raised their voices and said, 'We need to do something about these environmental issues.' A lot of the safeguards we have in place today, we take for granted," said John Oppermann, executive director of Earth Day Initiative.

"The EPA didn't exist then. A lot of the legislation that we take for granted, like protections for water and clean air, came on the heels of that first Earth Day. That is something we should keep in mind ... when we see attacks on environmental protections we have now."

Part of the countdown is a plan to channel the demand for simple yet impactful actions into real-world results. They're calling it the "Do Just 1 Thing" campaign, and the goal is to get people across the country to switch to clean energy in whatever ways they can. To help them do that, Earth Day Initiative is providing people with "just one thing that will make a huge difference."

"We hear from so many people who are overwhelmed by environmental challenges and the options that are out there to 'green' their lifestyles," Oppermann told Metro. "We wanted to simplify things and say, 'Here's one thing you can do right now.' We want to take away that hurdle of not knowing where to start. If you add up all of these small things over the course of a year, they'll add up to a big impact."

For more, go to metro.us.

"We hear from so many people who are overwhelmed by environmental challenges and the options that are out there to 'green' their lifestyles."
John Oppermann, executive director of Earth Day Initiative

Affinity Health Plan
BECAUSE TRUST IS IMPORTANT
Child Health Plus offers the benefits kids need for a healthier future.
Call 866.206.1741 (TTY 711)
AffinityPlan.org/CHP
Child Health Plus
nystateofhealth
To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 855.355.5777.

Things you can do on the subway with a friend who usually drives

Rehearse lines
Play cards
Compose a duet
Spend gas money on clothes
Hug it out
Practice a secret handshake
Play games on your phones

Celebrate Earth Day April 22

Help keep 17 million metric tons of greenhouse gas emissions out of the air every year

MTA

APTA Member AMERICAN PUBLIC TRANSPORTATION ASSOCIATION

Get on Board FOR PUBLIC TRANSIT

ISTOCK

OP-ED: TOGETHER, WE CAN MAKE A POSITIVE IMPACT

CARING
HAS A PLAN.
She has a name.
Her health plan
actually knows it.

SEE WHAT'S POSSIBLE WHEN HEALTH CARE GETS PERSONAL.

VILLAGECAREMAX

$0 plan premiums*

up to $150 monthly over-the-counter card

* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.

Are you getting the most out of your Medicare plan?

villagecaremax.org

Call to enroll or make an in-person appointment
1-800-469-6292 (TTY 711)
8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711).注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.

H2168_MKT19-14_M Accepted

OPINION

JOHN OPPERMANN

John Oppermann, Esq., is Earth Day Initiative's executive director and a green real estate specialist.

In recent months, we have seen a surge in interest in the idea of a Green New Deal. It is an idea that has floated around for a long time but recently has caught momentum. But what do people mean by a Green New Deal? What would get priority under such a project? Who would benefit from such a project?

Some people claim that such an idea is too vague and uncertain. But what is clear is the enthusiasm and will behind such an idea. Whatever ultimate form such a project would take, people are craving positive change. People want to feel like things are moving in a positive direction. People want to feel like we control our own future.

We see this through the emails and phone calls our nonprofit, Earth Day Initiative, receives throughout the year from people seeking advice on things they can do to "green" their lifestyles and better their communities. From teachers and parents to churches and corporate boardrooms, we witness the eagerness with which people are seeking to empower themselves and their communities to do good.

Millions of people want to see a positive path forward to a more sustainable future. We are asking individuals around the world to share their ideas on what they are doing to make a more sustainable future or what they would like to see in such a future. What sustainability solutions do you see or want to see in your own life or community? What do you do to lessen your environmental footprint? What do you do to green your own community?

As we build on this conversation, we are thankful for those who have spurred on the global conversation around our greatest environmental challenges and stressed the urgency for real climate action.

That is why we are presenting this spring our Earth Day 2019 Public Official of the Year Award to United States Rep. Alexandria Ocasio-Cortez and our Earth Day 2019 Advocate of the Year Award to Bill Nye.

By drawing the attention of millions of Americans to the idea that we need to move quickly on climate change and by not allowing the conversation to rest in the realm of doom and gloom but instead channeling that conversation into a positive view of the future, Ocasio-Cortez and Nye have helped people give voice to their hopes for the future.

Join the conversation. As you tell us about your ideas, we will share them with our network so we can all learn from each other and work to build a sustainable future together. Talk to us at dojust1thing.org.

QUARTERLY BUSINESS SALE

SAVE UP TO

40%

ON SELECT COMPUTERS FOR YOUR BUSINESS.

DELL

SMALL BUSINESS

14"

Vostro 14 5481

List price $1,141.43 | Save $462.43

$679

As low as: $21/mo[Δ]

8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 256GB* solid state drive

Order code: CAV145W10PC22206

23.8"

Add the Dell 24 Monitor - P2419H for $219.99 ($60 savings)

TOP SELLER

OptiPlex 5060 Small Form Factor

List price $1,112.86 | Save $423.86

$689

As low as: $21/mo[Δ]

8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 500GB* hard drive, 3 Years Hardware Service with On-Site Service After Remote Diagnosis*

Order code: S014O5060SFFUS

SUPPORTS TWO FULL HD DISPLAYS

Dell Docking Station – USB 3.0 (D3100)

List price $179.99 | Save $50

$129.99

This dock allows you to spread out your desktop on up to three external displays, increasing productivity and making it easier to manage multiple applications.

SKU: 452-BBPG

SMALL BUSINESS TECHNOLOGY ADVISORS

OUR US-BASED TEAM CAN HELP YOU CUSTOMIZE THE RIGHT COMPUTER AND SERVICE OPTIONS FOR YOUR BUSINESS.

Shop Dell.com/businessdeals or call 877-BUY-DELL | FREE SHIPPING | PRICE MATCH* | EASY FINANCING[Δ]

*Offers valid 4/22/2019 - 4/25/2019 at 7:59 AM ET.

[Δ]**Dell Business Credit:** Offered to business customers by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of $15 or 3% of the new balance shown on the monthly billing statement.

*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid only in Continental (except Alaska) U.S. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Small Business Tech Advisor and we'll walk you through the process. Learn more at dell.com/sb/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Dell ProSupport availability and terms vary by region. See dell.com/servicecontracts/global. Onsite Service after Remote Diagnosis is determined by online/phone technician of cause of issue; may involve customer access to inside of system and multiple or extended sessions. If issue is covered by Limited Hardware Warranty and not resolved remotely, technician and/or part will be dispatched, usually within 1 business day following completion of Remote Diagnosis. Availability varies. See dell.com/servicecontracts/US. Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, Xeon Inside, and Intel Optane are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens simulated, subject to change. Windows Store apps sold separately. App availability and experience may vary by market. [1]Requires Office 365, sold separately. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2019 Dell Inc. All rights reserved. 284416

Shift to a modern desktop with Windows 10 and Office 365[1]

Windows 10

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St, Ste 1450
(bet Cliff & Pearl St)
New York, NY 10038

369 Lexington Ave, Ste 18 A
(bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

COURTESY JUST SALAD

Just Salad aims to reduce takeout food waste with new programs

Known for its reusable bowls, the quick-service chain is launching several initiatives to lighten area landfills.

MICHAEL MARTIN
letters@metro.us

Grabbing a salad for lunch used to be the ultimate guilt-free choice. But amid recent headlines about the plastic-waste crisis and the limitations of recycling, it's become less of a feel-good meal. There are those disposable plastic bowls. And plastic lids. And plastic forks. So much plastic, Burger King's paper wrappers might seem preferable.

But Just Salad is aiming to return the takeout salad to the realm of the totally virtuous, with a sweeping focus on sustainability that's unusual for restaurants of any size. In the past few months, the fast-casual chain — which has 28 locations in NYC — has expanded its reusable-bowl program, set a zero-waste goal, planned the rollout of a composting program and created an innovative executive job whose remit is to reduce the company's environmental impact.

"The nature of a quick-service restaurant is that you have a lot of carry-out traffic, and a lot of disposable items," said Janani Lee, Just Salad's first chief sustainability officer, who was promoted in December from director of its supply chain. "We've been at the forefront of sustainability with our reusable bowl program, and we're building on that to reduce waste even further."

The goals are ambitious: Just Salad aims to be zero waste by 2022. They're developing a compostable takeout bowl and looking at ways to reduce utensil discards. Ingredients are going under the microscope to see if they can be made more sustainable. A composting program for kitchen waste, piloted this spring in one location, will roll out to every New York City restaurant by the end of the year.

Customer acceptance may have encouraged that accelerated schedule. The chain's reusable-bowl program has been a hit: About 25 percent of customers participate. (The $1 bowls entitle purchasers to free toppings at each visit; their popularity has reduced landfill-bound plastic by about 75,000 pounds a year.) "It shows our guests really care about sustainability — that they would come to us with a reusable bowl rather than go anywhere else," said Lee.

75K

The $1 bowls entitle purchasers to free toppings at each visit; their popularity has reduced landfill-bound plastic by 75,000 pounds annually.

The company will next focus on those plastic utensils. Lee is exploring a reusable fork program, along with buying utensils made from alternative polymers. "We really want us to look at all of the plastics that we could have an impact on," she said. "So we were looking at bioplastic alternatives for people who need an option. For people who are taking their salads back to the office or home, we're encouraging them to use a reusable metal or plastic fork. And we're planning to pilot a reusable fork that customers can buy at our stores."

This Earth Day, each Just Salad location will give away 100 reusable bowls, first come, first served. The chain is also selling a sustainability kit, which includes a "VIP" reusable bowl, S'well water bottle and tote bag for $39. That price also includes an immeasurable perk for any New Yorker at lunchtime: The ability to skip the line.

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

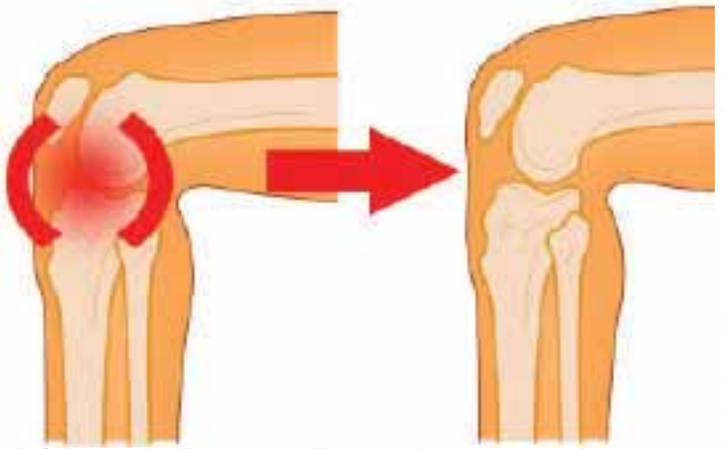
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

Affordable Housing for Rent

123 Hope Street Apartments
41 NEWLY CONSTRUCTED UNITS AT 123 HOPE STREET, BROOKLYN, NY 11211 • Williamsburg

Amenities: Fitness center, community facilities, roof deck, package room, bike room, parking* (*additional fee applies)

Transit: Trains: G; Buses: B24, B48, B60, Q54, Q59

No application fee • No broker's fee • Smoke-free building

This building is being constructed through the Inclusionary Housing Program and is anticipated to receive a Tax Exemption through the 421-a Tax Incentive Program of the New York City Department of Housing Preservation and Development.

Who Should Apply? Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units are set aside for:
- Mobility-disabled applicants (5%)
- Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:
- Residents of **Brooklyn Community Board 1** (50%)
- Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	80% AREA MEDIAN INCOME LEVEL (AMI) UNIT	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] *Minimum – Maximum[4]*
Studio		$1,231	9	→	1 person	$44,160 - $58,480
					2 people	$44,160 - $66,800
1 bedroom		$1,320	12	→	1 person	$47,280 - $58,480
					2 people	$47,280 - $66,800
					3 people	$47,280 - $75,120
2 bedroom		$1,591	4	→	2 people	$56,606 - $66,800
					3 people	$56,606 - $75,120
					4 people	$56,606 - $83,440
					5 people	$56,606 - $90,160

Unit Size	100% Area Median Income Level (AMI) Unit	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] *Minimum – Maximum[4]*
Studio		$1,772	6	→	1 person	$60,755 - $73,100
					2 people	$60,755 - 83,500
1 bedroom	120% Area Median Income Level (AMI) Unit	$2,292	8	→	1 person	$78,583 - $87,720
					2 people	$78,583 - $100,200
					3 people	$78,583 - $112,680
2 bedroom		$2,759	2	→	2 people	$94,595 - $100,200
					3 people	$94,595 - $112,680
					4 people	$94,595 - $125,160
					5 people	$94,595 - $135,240

[1] Rent Includes cooking gas; does not include electricity.

[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 11217.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 6, 2019**.
Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a **Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 11217**En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 6 de mayo 2019.

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 11217** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2019 年 5 月 6 日。

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 11217**на задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 6 май 2019.

한국어 nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 1121** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2019 년 5 월 6 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 1217** Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat me 6, 2019.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف بحمل اسمك وعنوانك إلى:**Fifth Avenue Committee - 621 Degraw Street, Brooklyn, NY 11217** . على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 6 مايو، 2019.

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer

GETTY IMAGES

Plumber offers energy-efficient, cost-cutting tips

"People are gluttons at times. They'll take it all for granted until the bill comes."

NATE HOMAN
letters@metro.us

The age of instant information has transformed the way city renters and homeowners go about cutting carbon emissions and excessive water usage while boosting energy efficiency and saving money on utility bills.

According to Michael Petri, owner of Brooklyn's Petri Plumbing and Heating, simple daily tasks like using remote-controlled thermostats, eco-friendly cleaning solutions, insulated hot-water pipes, reusing water, and locating draft spots make a major difference. In the 1980s and 1990s, there were no regulations mandating water meters.

"People may not have realized just how much of a commodity water in the city is until water meters became mandatory," Petri said. "A one-family house could have a $200 quarterly water bill if they're conservative. We worked on a four-family house, the water bill was $500 a quarter. One quarter, it went up to $2,800 because a toilet was running."

Clients are now less likely to get burned by dishonest or lazy plumbers who provide a less-than-optimal service. The city now uses toilet bowls designed to cut down to about .8 gallons per flush instead of the older ones that used 5 gallons per flush.

"When they put them out, it was too quickly, inefficient, people had to double-flush and were disgusted. Technology wasn't ready. Now we use 1.28, which is considered high-efficiency. The dynamics of toilets have changed. As far as showers, they all have flow restrictors reducing flow to about 1.5 gallons per minute. Faucets are designed to accommodate," Petri said.

People initially hated them, as they would stand under the shower with little water pressure. But technology growth has made improvements to better suit the hygienic and monetary needs.

"We did a condo in the Lower East Side, they put in four shower heads that put out 7.5 gallons per minute. It was totally against code, and drained the roof tank. Never seen anything like it. People are gluttons at times. They'll take it all for granted until the bill comes."

DIVORCE CENTER 1 800 414 0333

DIVORCE $399

$499 with Children or Property Plus Court Fee

Spouse's Signature Not Needed

Se Habla Español

TheDivorceCenter.com

www.metro.us

NYC Housing Connect

Affordable Housing for Rent

THE GILBERT ON FIRST
144 NEWLY CONSTRUCTED UNITS AT 1912 FIRST AVENUE
EAST HARLEM, MANHATTAN

Amenities: on-site resident super, card-operated laundry, bicycle storage, outdoor terrace, community room

Transit: 4, 6 train; M15, M101, M102, M103 Bus

No application fee • No broker's fee • Smoke-free building • http://www.thegilbertonfirst.com/

This building is being constructed through the Mix & Match Program of the New York City Housing Development Corporation and the New York City Department of Housing Preservation and Development.

Who Should Apply? Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
  - Mobility (5%) • Vision/Hearing (2%).
- Preference for a percentage of units goes to:
  - Residents of **Manhattan Community Board 11** (50%) • Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	30% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$338	3	1 Person	$13,200 - $21,030
1 Bed		$419	2	1 Person	$16,200 - $21,030
				2 People	$16,200 - $24,030
2 Bed		$506	3	2 People	$19,500 - $24,030
				3 People	$19,500 - $27,030
				4 People	$19,500 - $30,030
3 Bed		$582	1	3 People	$22,500 - $27,030
				4 People	$22,500 - $30,030
				5 People	$22,500 - $32,430
				6 People	$22,500 - $34,830

Unit Size	40% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$464	2	1 Person	$17,063 - $28,040
1 Bed		$559	3	1 Person	$22,213 - $28,040
				2 People	$22,213 - $32,040
2 Bed		$713	2	2 People	$26,500 - $32,040
				3 People	$26,500 - $36,040
				4 People	$26,500 - $40,040
3 Bed		$817	1	3 People	$30,652 - $36,040
				4 People	$30,652 - $40,040
				5 People	$30,652 - $43,240
				6 People	$30,652 - $46,440

Unit Size	50% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$600	7	1 Person	$22,200 - $35,050
1 Bed		$759	4	1 Person	$28,200 - $35,050
				2 People	$28,200 - $40,050
2 Bed		$917	13	2 People	$33,400 - $45,050
				3 People	$33,400 - $48,650
				4 People	$33,400 - $52,150
3 Bed		$1,063	6	3 People	$38,743 - $48,650
				4 People	$38,743 - $52,150
				5 People	$38,743 - $56,350
				6 People	$38,743 - $60,500

Unit Size	60% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$726	7	1 Person	$27,100 - $42,060
1 Bedroom		$929	10	1 Person	$33,675 - $42,060
				2 People	$33,675 - $50,100
2 Bedroom		$1,121	11	2 People	$40,492 - $50,100
				3 People	$40,492 - $56,340
				4 People	$40,492 - $62,580
3 Bedroom		$1,299	7	3 People	$46,535 - $56,340
				4 People	$46,535 - $62,580
				5 People	$46,535 - $67,620
				6 People	$46,535 - $72,660

Unit Size	100% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$1,048	3	1 Person	$37,020 - $73,100
1 Bedroom		$1,329	3	1 Person	$47,280 - $73,100
				2 People	$47,280 - $83,500
2 Bedroom		$1,598	4	2 People	$56,800 - $93,900
				3 People	$56,800 - $93,900
				4 People	$56,800 - $104,300
3 Bedroom		$1,839	1	3 People	$65,410 - $93,900
				4 People	$65,410 - $104,300
				5 People	$65,410 - $113,100
				6 People	$65,410 - $121,500

Unit Size	120% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$1,201	2	1 Person	$47,240 - $88,020
1 Bedroom		$1,660	6	1 Person	$60,000 - $88,020
				2 People	$60,000 - $100,620
2 Bedroom		$1,989	7	2 People	$72,000 - $100,620
				3 People	$72,000 - $122,020
				4 People	$72,000 - $130,500
3 Bedroom		$2,302	3	3 People	$81,900 - $122,020
				4 People	$81,900 - $135,500
				5 People	$81,900 - $146,340
				6 People	$81,900 - $157,320

Unit Size	130% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum – Maximum
Studio		$1,720	6	1 Person	$51,215 - $129,610
1 Bedroom		$2,170	6	1 Person	$70,423 - $129,610
				2 People	$70,423 - $137,710
2 Bedroom		$2,611	12	2 People	$81,073 - $137,710
				3 People	$81,073 - $154,440
				4 People	$81,073 - $172,800
3 Bedroom		$3,039	4	1 People	$105,806 - $154,035
				4 People	$105,806 - $172,095
				5 People	$105,806 - $185,895
				6 People	$105,806 - $199,650

[1] Tenant pays electricity.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
* Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **June 17, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **17 de junio 2019**

简体中文 访问 nyc.gov/housingconnect 在线申请。如需获取本广告及打印申请表的西班牙文版，请将您的大信封寄给我们：**The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. 请在信封背面用英语写下"CHINESE"。必须在以下日期之前在线提交申请或邮寄时间戳：**2019 年 6 月 17 日**。

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **17 июня 2019**

한국어 nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 원하시시면 반송용 봉투를 **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주십시 요. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. **2019 년 6 월 17 일** 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen l nan: **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **jen 17, 2019**

العربية لتقديم طلب عبر الإنترنت، قم بزيارة nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ونموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. على الجهة الخلفية لمظروف الطلب باللغة الإنجليزية كلمة **"ARABIC"**. يجب إرسال نماذج الطلبات عن طريق الإنترنت أو مختومة بطابع بريد قبل **17 يونيو، 2019**

Mayor Bill de Blasio • Acting HPD Commissioner Eric Enderlin • Acting HDC President Richard Froehlich

Department of Housing Preservation & Development

New delivery service Loop makes a stylish case for reusable containers

Debuting next month, the "circular shopping platform" aims to make reuse as popular as recycling.

MICHAEL MARTIN
letters@metro.us

What if you combined Amazon Prime with a 1950s milkman and Target's democratic design?

That pitch might make the judges on "Shark Tank" scratch their heads, but it's the exact premise of a grocery delivery service that will debut in the Northeast next month, with potentially revolutionary implications for sustainability and the environment.

On May 21, Loop will launch a "circular shopping platform" at loopstore.com. It will stock hundreds of familiar branded products — including condiments, ice cream and personal-care items — in durable, reusable packaging instead of single-use bottles, boxes and cans. Customers subscribe to the service and place orders that arrive via UPS; after the products are used up, Loop circles back to pick up the empties at no charge, then cleans and sanitizes them for reuse. Replenishments are automatically delivered.

It's the brainstorm of TerraCycle, a company founded in 2001 to recycle previously unrecyclable materials. The overarching concept is the circular economy: Instead of "make and dispose," the goal is "reuse and eliminate." Materials are used for as long as possible, then recycled or reused, with the goal of creating zero waste.

"It's funny. Most of the things we buy, we don't really want to," said TerraCycle CEO Tom Szaky. "When you go to, say, Starbucks and you buy a cup of coffee, you buy the coffee, but the cup is also in the price, and you own the cup. But do you really want to own it in the end? If we change ownership — instead of having the consumer own the package, the manufacturer owns it — the manufacturer is motivated to move away from making a product as cheap as possible to making it as durable as possible."

COURTESY LOOP

> **"It's funny. Most of the things we buy, we don't really want to."**
>
> **Tom Szaky, CEO, TerraCycle**

To kick off the service, Loop partnered with some of the world's biggest manufacturers of grocery items, including Procter & Gamble, Nestlé and Unilever. Brands available at launch will include Pantene, Tide, Crest, Gillette, Pampers, Always, Dove, Seventh Generation and Hellmann's. The reusable containers are made from innovative polymers and metals that are stylish and functional: Häagen-Dazs ice cream arrives in a stainless-steel, double-walled container that's warm to the touch but frozen inside; Axe deodorant comes in a container that looks designed by Apple.

"The design level is a whole new departure from anything in disposable," said Szaky.

For more, go to metro.us.

LOOSE DENTURES?
Smile with Confidence
Miracle on 35th Street
$100 off each* NEW denture! Exp: 5/15/2019
Emergencies And Most Insurance Plans Welcome
Senior Cit. Discounts*
New York's Place for Same Day Dentures for more than 40 Years!
Leaders in Implant Dentistry! - Est. 1977
FREE CONSULTATION
HERALD SQUARE DENTAL
& THE DENTURE CENTER
EST. 1977
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
CALL NOW 212.689.0024
224 West 35th St., New York, NY, 16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com | *Offers cannot be combined | *some restrictions may apply

New York Medicine Doctors
NYMDCenter.com

800 2nd Ave.
9th Floor, New York 10017
212-991-9991

Follow us on Instagram:
@advancedphysicians

Find us on Facebook:
@NYMDCenter

Check for promo updates on Linkedin:
"Advanced Physicians"

How To Know If Hormonal Replacement Therapy Is Right For You.

When it comes to understanding hormones or how hormones affect our overall health, we often get confused or at times misguided with preconceived notions that our hormonal peek is only relevant to our daily lives at the peek of our youth and pubescent stage.

However, that limited notion is entirely outdated as more women and men are finding the need to understand and be in tune with their hormonal states to restore hormonal equilibrium for each important stage in life. Through years of study, both women and men alike experience a variety of menopausal symptoms (women) or andropause symptoms (men) that can include changes in fertility, aging, weight maintenance, sexual desire and function, dermatological influx, bone strength (Osteoporosis) and urological concerns.

To see that so many areas in your day to day health is dictated by something as simple as a hormonal deficiency poses the question that we at New York Medicine Doctors Center seek to ask and answer which is - What exactly is causing this deficiency? And most importantly, what can we do as a team working alongside our patient to integrate a treatment that is long lasting and realistic.

This is why we are committed to bringing our patients the most advanced time tested methods of hormonal optimization.
We believe not only in providing a safe environment for our patients to talk about uncomfortable issues but to also thoroughly asses for effective results. We provide the following methods and treatments to help restore your hormonal imbalances:

1) Pellet Implantation
2) Creams, Gels, and Synthetic Injection
3) Hormone Capsules
4) IV Transfusions
5) Estradiol or Testosterone Implants
6) Hormone Troches (Indigestible)

We provide a diverse array of methods to help bridge your comfort with advanced technology for the ultimate primal solution to all your health needs. Our network of Doctors are award-winning in empathy and client experience which is why we are so inspired to give our patients the best resources for every stage in life. Whether you are curious to learn more about how hormones can affect your life or are currently going through hormonal changes, we encourage you to call today or make an appointment conveniently at one of our two locations.

Feel free to browse our network on ZocDoc to see if your insurance is covered or visit us at our main website and learn more about our services.
www.nymdcenter.com

NYMD CENTER

New York Medicine Doctors Center is a multispecialty medical agency housing some of the best and empathetic surgeons, urologists, gynecologists, medical professionals in the New York tri-State area. A network that is expanding at a rapid rate and servicing both Queens and Manhattan locations.

- Providing board certified expert knowledge of Gynecologist and Urologists of 10+ years
- Onsite Testing and Imaging for faster results
- Specializing in a variety of internal and external disorders using advanced technology for advanced care
- Diverse medical professionals who practice and are fluent in Creole, Spanish, English, French, Russian, Jewish & Sign Language

Most recently seen in Buzzfeed, Elite Daily, Bustle, Cosmopolitan, Fatherly, Healthline, Insider, and CBS New York for our specialties in Erectile Dysfunction and providing our expert knowledge in Sexual Wellness!

FBI arrests leader of armed group stopping migrants in New Mexico

Larry Hopkins is the "national commander" of the United Constitutional Patriots.

The FBI on Saturday said it had arrested Larry Hopkins, the leader of an armed group that is stopping undocumented migrants after they cross the U.S.–Mexico border into New Mexico.

The arrest came two days after the American Civil Liberties Union (ACLU) accused the group of illegally detaining migrants and New Mexico's Democratic Gov. Michelle Lujan Grisham ordered an investigation.

Hopkins, 69, also known as Johnny Horton, was arrested in Sunland Park, New Mexico, on a federal complaint charging him with being a felon in possession of firearms and ammunition, the Federal Bureau of Investigation said in a statement.

"We're not worried about it, he's going to be cleared," said Jim Benvie, a spokesman for the United Constitutional Patriots (UCP), blaming his arrest on political pressure from Lujan Grisham.

Hopkins is the "national commander" of the UCP, which has had around half a dozen members camped out on a rotating basis near Sunland Park since late February.

Larry Hopkins. REUTERS

PATRIOTS OR FASCISTS?

The UCP describes itself as a "patriot group" helping U.S. Border Patrol cope with record numbers of Central American families crossing the border to seek asylum.

Dressed in camouflage and carrying rifles, UCP members have helped U.S. Border Patrol detain over 5,600 migrants in the last two months, Benvie said. Videos posted online by the group show members telling migrants to stop, sit down, and wait for agents to arrive. Critics accuse the UCP of impersonating law enforcement.

Crowdfunding sites PayPal and GoFundMe on Friday barred the group, citing policies not to promote hate or violence, after the ACLU called the UCP a "fascist militia."

"Today's arrest by the FBI indicates clearly that the rule of law should be in the hands of trained law enforcement officials, not armed vigilantes," New Mexico Attorney General Hector Balderas said in a statement of Hopkins's arrest.

Hopkins was previously arrested in Oregon in 2006 on suspicion of impersonating a police officer and being a felon in possession of a firearm, according to the Southern Poverty Law Center.

NO STANDOFFS

U.S. Customs and Border Protection (CBP) said in a statement it did not support citizens taking law enforcement into their own hands and instead encouraged the public to be its eyes and ears on the border.

Benvie said the UCP was doing just that and had the support of local Border Patrol and police.

Mostly military veterans, UCP members carry weapons for self-defense and at no time pointed guns at migrants, as they have been accused of, Benvie said. REUTERS

COMPOST
YOUR FOOD SCRAPS
with GrowNYC

50+ convenient food scrap drop off locations citywide.

For details, locations & hours visit
grownyc.org/compost

GROW NYC · GARDEN · TEACH · RECYCLE · GREENMARKET
zero waste programs funded by NYCsanitation

grownyc.org/compost
recycle@grownyc.org
212–788–7964

Fallen behind on your property tax payments? We may be able to help.

The NYC Property Tax and Interest Deferral Program (PT AID)

- Helps you stay in your home and keep your property out of the tax lien sale
- Defers a portion or, in some cases, all of your property tax payments
- Lets you make affordable payments
- Sets up either short-term or long-term payment plans

Learn more and apply at www.nyc.gov/ptaid.

NYC Department of Finance

Top Democrats leave open option of Trump impeachment after Mueller report

Top congressional Democrats left the door open on Sunday to the impeachment of President Donald Trump, but said they would first need to complete their own investigations into whether he obstructed justice in Special Counsel Robert Mueller's Russia probe.

Some party leaders have cautioned against impeachment just 18 months before the 2020 presidential election, although prominent liberals have demanded the start of proceedings to remove Trump from office since the release on Thursday of Mueller's report.

U.S. House Judiciary Committee Chairman Jerrold Nadler, whose panel would spearhead any impeachment proceedings, said Democrats would press ahead with investigations of Trump in Congress and "see where the facts lead us."

REUTERS

"Obstruction of justice, if proven, would be impeachable," Nadler said on NBC's "Meet the Press."

A redacted version of Mueller's long-awaited report on Russian interference in the 2016 election, the product of a 22-month investigation, outlined multiple instances where Trump tried to thwart the probe. While it stopped short of concluding Trump had committed a crime, it did not exonerate him.

Mueller noted that Congress has the power to address whether Trump violated the law, and Democrats said it would be a matter of discussion in the coming weeks.

"That's going to be a very consequential decision and one I'm going to reserve judgment on until we have a chance to fully deliberate on it," House Intelligence Committee Chairman Adam Schiff said on "Fox News Sunday."

Nadler has issued a subpoena to the Justice Department to hand over the full Mueller report by May 1, although the Justice Department called the request "premature and unnecessary."

Before drawing any conclusions, Nadler said, Democrats would want to see those materials and hear from Mueller and Attorney General William Barr, who is scheduled to testify in early May. Nadler also said he would call former White House counsel Donald McGahn to testify.

Republicans have stood by Trump, and Democratic House Speaker Nancy Pelosi cautioned against an impeachment effort that would have no chance of success in the Republican-led Senate.

U.S. Sen. Elizabeth Warren became the first major contender for the Democratic 2020 presidential nomination to call for the start of impeachment, saying on Friday that "the severity of this misconduct" demanded it. REUTERS

> **"That's going to be a very consequential decision and one I'm going to reserve judgment on until we have a chance to fully deliberate on it."**
> **House Intelligence Committee Chairman Adam Schiff**

Call today to connect with a
SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**. Our Advisors are **trusted**, **local experts** who can help you understand your options.

UNDERSTAND YOUR OPTIONS
Learn the different types of senior care available

LOCAL KNOWLEDGE
Our Advisors have the local knowledge to help you hand-pick communities in your area

SIMPLIFY
Your dedicated Advisor will simplify your search and help schedule tours

EXPERIENCE
Our Advisors help thousands of families understand their options every day

aPlaceforMom.

There's no cost to you!
(800) 216-3930
! We're paid by our partner communities

Joan Lunden, former host of *Good Morning America* and senior living advocate.

CLOTHING is not GARBAGE

GREENMARKET DROP-OFFS FOR CLOTHING • SHOES • TEXTILES

Drop clean and dry clothing, paired shoes, linens, handbags, belts, and other reusable textiles at select Greenmarkets citywide and we'll keep them out of the landfill.

For locations & schedules visit:
grownyc.org/clothing

GROW NYC · GARDEN · TEACH · RECYCLE · GREENMARKET

zero waste programs funded by NYC sanitation

212–788–7964
recycle@grownyc.org
grownyc.org/clothing

the GRUMBLE

sudoku

EASY

7	6	3	9	2		5		
		1	5		3			8
	9				6			3
5			1					
		8		5	7		1	9
	7				4		6	
9						3		
							8	
				4				7

MEDIUM

	8	3		9	6			
		4					9	2
1	7	9				6	8	
6			4	5				
				1		4		
3			7					5
				4		5		7
4			2	8			3	
	9			3				

VENT TO US! GRUMBLE@METRO.US

READER WRITE-INS:

NO MORE CURSIVE WRITING IN SCHOOLS

Lately I have encountered several people, mostly late-teens and younger, who do not know how to read or write in cursive. I was told that they are not taught how to write in cursive anymore in school. What kind of signature will this promote? E-signature? Students are writing like they text: no punctuation, incorrect spelling and acronyms are the shortcuts used to get the message across. Cursive writing has been around for centuries. This penmanship SHOULD NOT be considered obsolete and by all means should continue to be taught in school.

— **Robbyn Johnson,** *Metro US reader*

metro.us/horoscopes

Aries Step up and make things happen. Effect changes that will put you in a better position to present what you have to offer. Pay closer attention to health and personal finances.

Taurus Aim high and don't stop until you reach your destination. A financial opportunity looks promising, as long as you don't go overboard and invest too much.

Gemini Put your energy to good use. Lend a helping hand or nurture an important relationship. As long as you are positive and willing to compromise, you will meet with no resistance.

Cancer A change or adjustment may need to be made for you to avoid being taken for granted. A confrontation may not bring the results you want, but using reason will.

Leo If you want to find out what's happening or how something is done, go directly to the source and ask questions.

Virgo Take a course or attend a function that will bring you in contact with industry peers. Networking events will lead to opportunities.

Libra Get physical, make personal improvements and take better care of your emotional, physical and mental health. Share feelings and build a stronger relationship with a loved one.

Scorpio Don't feel pressured to make a change just because someone else does. You are better off doing your own thing. A joint venture will not turn out as planned.

Sagittarius If you want something, go after it. It's OK to be aggressive, as long as you don't upset someone in the process. Get permission and forge ahead.

Capricorn Be private about your activities until you have everything in place and are fully prepared to present what you have to offer.

Aquarius Stop dreaming and start doing. Clear out clutter and make space for something you want to pursue. Your enthusiasm will encourage others to help you reach your goal.

Pisces Put your energy into things you can actually accomplish. Be honest and realistic when it comes to what you are capable of doing and how to go about it. Personal improvement is encouraged. EUGENIA LAST

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

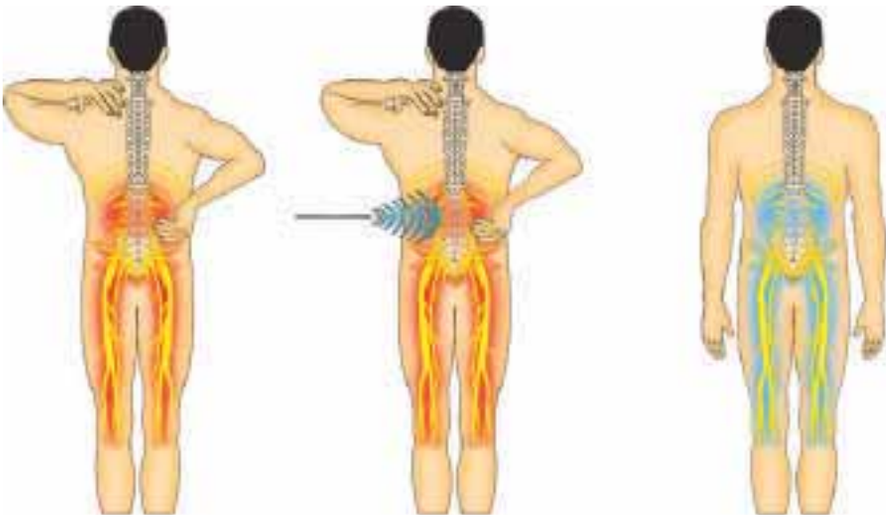
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

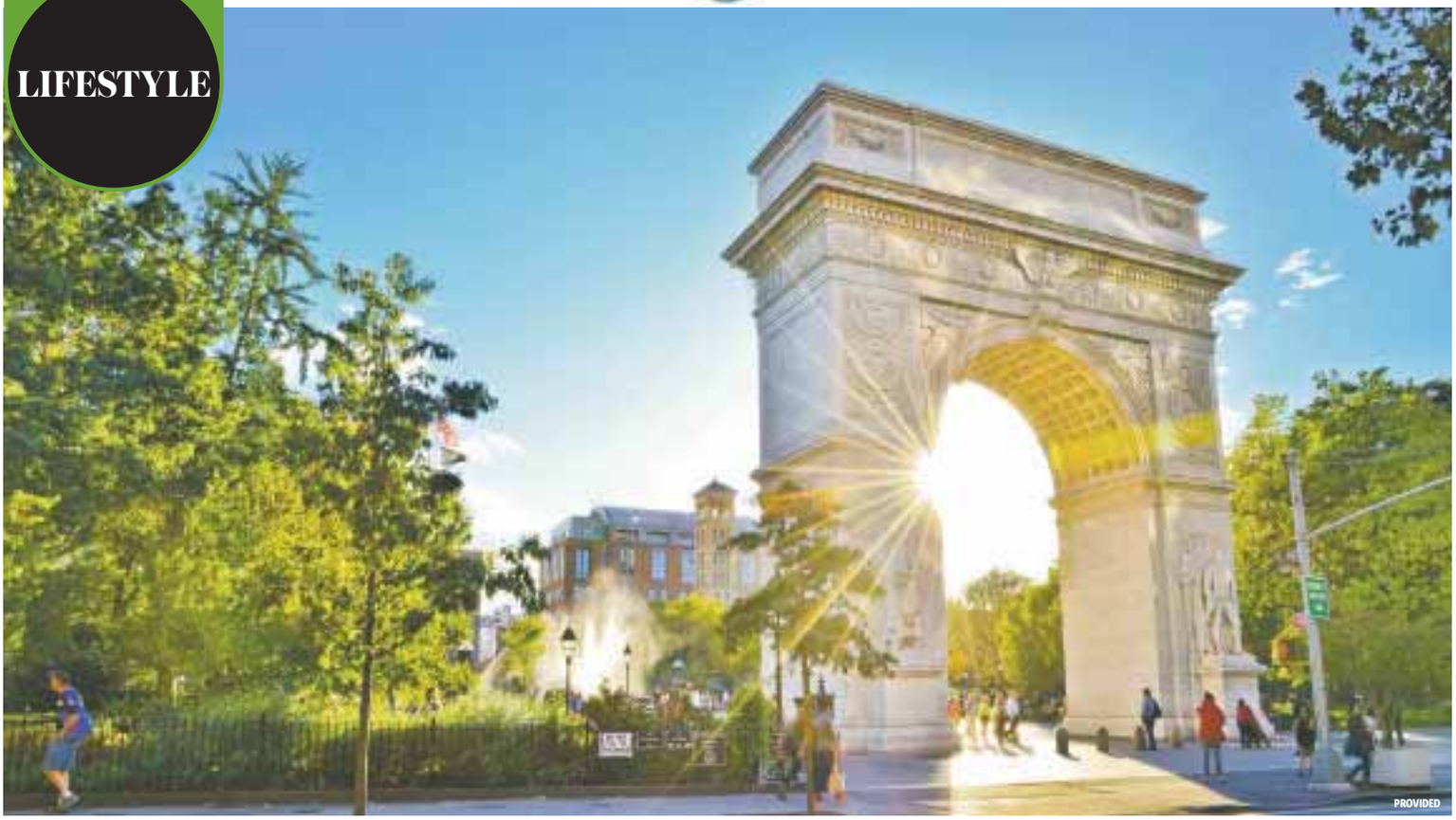
Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

877-907-2934


PROVIDED

Metro's round-up for Earth Day 2019

PAT KING
patrick.king@metro.us

Spring is the perfect time for jaded New Yorkers of all walks of life to peel back their layers and let the sunshine warm their hearts as they get reacquainted with the great outdoors. But if you have paid any attention over the past few decades or so, you may have heard that our planet has been hurting from some of the man-made poisonous pollutants that are affecting the environment. With today being Earth Day, here are a few different events happening around the city that can help raise awareness on how we can better operate as co-habitants on this green rock hurtling through space while having a little fun in the process.

"Bee a Pollinator" at the Queens County Farm Museum

Queens Farm will be inviting environmentalists of all ages to come for a party and tractor-drawn hayride this Earth Day with a discussion on bees in the farm's apiary. The event will also include a beeswax candle-making class as well as instructions on how to make your own seed balls to grow wildflowers and other snacks that bees will enjoy! At 3:30 p.m., the farm will hold a special ceremony where they will be planting six chestnut trees on the grounds.

Today, noon-3:30 pm, $10-$12 (with 10 percent coupon for the Farm store), Queens County Farm Museum, 73-50 Little Neck Parkway, Queens

Van Leeuwen and MatchaBar ice cream happy hour

The NYC ice cream institution and MatchaBar will be teaming up for a new collaboration titled Vegan Green Planet and will be celebrating with an Earth Day ice cream happy hour at the bar Make Believe in the SIXTY LES hotel.

The Van Leeuwen ice cream truck and owners Pete Van Leeuwen and Ben Van Leeuwen and Laura O'Neill, parked on Bedford Avenue in Williamsburg, Brooklyn.
LINDA ROSIER/GETTY IMAGES

Customers will receive one free scoop of this delicious treat with special happy hour prices with every serving after. There will also be a DJ spinning music to accompany your snacks and the wonderful seventh-floor view.

Today, free, Make Believe in the SIXTY LES Hotel, 190 Allen St., 7th floor

Earth Day 5K Green Tour

This 5K walking tour between the West Village and Chelsea will take you through such green areas in the city as a river ecology school on the Hudson River, a waste and recycling center, a zero-waste office, and a gorgeous rooftop farm. A complimentary lunch will be provided by Just Salad.

Today, four times (10:20 a.m., noon, 12:20 p.m. and 12:40 p.m.), $30-$50, earthdayinitiative.org

Earth Day in Washington Square Park

This afternoon, Washington Square Park Youth Activities Coordinator "Miss Debbie" will be hosting an Earth Day celebration full of activities for kids looking to learn how to reduce their carbon footprints. Miss Debbie will lead a Zero-Waste Weaving session where children will build a quilt made entirely of recyclable plastic bags. She will also teach children how to make seed bombs to grow wildflowers for the dwindling bee population to feed on.

Today, 2-4 p.m., free, Washington Square Park

Committing to a 'greener' NYC with the reduction of single-use plastics

It's time to crack down.

PAT KING
patrick.king@metro.us

While we as individuals can do our best to be more "green" in our everyday lives, many businesses are still handing out wasteful plastics in the form of shopping bags and one-time-use utensils at the same rate as they were before there was a larger public concern. The reason is that it is simply easier to keep the machine moving forward by continuing to provide these products without any serious repercussions. That is, until now.

It was announced earlier this month that Mayor Bill de Blasio would be signing an executive order banning the purchase of all unnecessary single-use plastics; in turn, businesses will be forced to purchase more eco-friendly compostable alternatives.

Right now, New York City purchases 1.1 million pounds of single-use plastic foodware — i.e., plastic utensils, containers, etc. — every year. The ban, which will go into effect by the end of the year, will cut down on 95 percent of all single-use plastics, reducing the city's carbon emissions by an estimated 500 tons per year. However, under the American Disabilities Act, certain single-use plastics, such as straws, will still be available upon request for those who need them. As an alternative to plastic straws, which can wind up polluting our environment, many restaurants in the city are opting for using biodegradable paper straws or multiple-use metal straws.

ISTOCK

"Big Oil has been pushing single-use plastics for too long — and it stops here," said Mayor de Blasio in a release. "They litter our beaches and parks, jam our recycling machines and contribute to climate change. Our actions today will help us build a fairer city for all New Yorkers."

With the signing of this executive order, no new contracts will be signed for single-use plastic foodware other than to renew orders to keep a consistent supply for customers who ask for these plastic items upon checkout. Businesses and agencies that are affected by this plan are to start reducing their use immediately and must also prepare a reduction plan within 120 days. A full reduction plan must be implemented by the end of the year.

"Let's call single-use plastic what it is: pollution," said Mark Chambers, director of the Mayor's Office of Sustainability, in a release. "We need to leave these harmful plastics behind, and reducing the city's use of plastic foodware is a huge step in that direction."

The executive order has already received resounding support, including from Public Advocate Jumaane Williams.

"Environmental protection is essential at every level — from global agreements, to national green emissions standards and green energy plans, to an individual's actions and choices," said Williams in a release. "Following the statewide plastic bag ban and the citywide foam ban, this effort is another important step in reducing waste and negative environmental impact in any way we can."

In furthering this trend toward making a greener city, Bridget Anderson, deputy commissioner of the Department of Sanitation's Bureau of Recycling and Sustainability, has proposed a bill that would require a five-cent fee on all single-use carry-out paper bags, to encourage New Yorkers to commit to using their own reusable grocery bags.

DO YOU WANT A MORE DEFINED
JAWLINE?
A clinical research study is being conducted for adults seeking treatment to restore jawline definition.
QUALIFIED PARTICIPANTS MAY RECEIVE:
• Compensation for time & travel
• Study-related care at no cost
TO QUALIFY, PARTICIPANTS MUST:
• Be at least 22 years old
• Have a jawline/chin area that is free of tattoos, piercings, scars, prior implants, injections, or alterations of any kind
• Not be pregnant or nursing
For additional information and participation, contact:
Cheryl Karcher, MD • Center Aesthetic and Dermatology
(212)433-3344 / mserra327@gmail.com

A look inside Brooklyn's first medical marijuana dispensary

Metro gets a first peek inside of Columbia Care's brand-new Brooklyn Heights location.

PAT KING
patrick.king@metro.us

While most of us think of courthouses and upstanding businesses when it comes to the neighborhood of Brooklyn Heights, that perception may change as Columbia Care has opened its very first medical marijuana dispensary in the borough this past Saturday — on 4/20, of course! Already a huge success in Manhattan, the dispensary is hoping to bring the same results across the river.

Metro was recently invited to take a walk through of its elegant new location on Court Street. The store has a different look and feel than what many might expect in that it feels very akin to a medical facility mixed with a hip sense of fashion that is warm and welcoming.

Since getting the green light to open its doors in the neighborhood, we decided to ask Nick Vita, vice chairman and CEO of Columbia Care, a few questions on what people can expect and what steps people will need to take in order to purchase medical marijuana from the brand-new facility.

Walk us through the process of purchasing medical marijuana from Columbia Care. What will people need to have with them when they walk through the door?
While the steps to purchase medical cannabis vary by state, all states require a physician's certification to apply for a state-issued medical cannabis card. To purchase medical cannabis, you must present this card to your dispensary. In New York, our new medical cannabis dispensary in Brooklyn is a 7,000-square-foot facility that was designed to feel like a comfortable modern apothecary, meeting a wide variety of health and wellness needs. At the dispensary, we offer both medical cannabis, for which patients need their state-issued medical cannabis card, as well as hemp-derived health and wellness CBD products. We invite anyone in the community to come to our facility to explore the CBD options as well as to learn more about the benefits of medical cannabis from a certified pharmacist who can guide all of our visitors through a personalized experience.

What were some of the biggest struggles you faced opening a medical marijuana dispensary in Brooklyn?
Our goal for this facility was to reflect the spirit of the surrounding Brooklyn neighborhood. Part of the site at 44 Court St. is a

ARE YOU OR A LOVED ONE SUFFERING FROM MAJOR DEPRESSIVE DISORDER?

A research study is being conducted to evaluate an investigational product to be used for the treatment of Major Depressive Disorder (or MDD)

You or someone you care about may be eligible to participate if you meet the following criteria:

- Have a diagnosis of MDD
- Are between the ages of 18 and 65 years

Qualified participants will receive:

- Study-related care and exams at no charge
- Compensation for time and travel

PLEASE CALL
718-873-3804
FOR ADDITIONAL INFORMATION

SYNEXUS
Together for the future of health

80-15 164th Street, 1st Floor, Jamaica, NY 11432

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Research study seeking HIV+ individuals on treatment

Researchers at The Rockefeller University are conducting a study to understand why some, but not all, HIV positive individuals have an increased decline in neurocognitive ability in comparison to HIV-negative individuals.

You may be eligible if you:

> Are between the ages of 18 and 74
> Are HIV-positive and on treatment for at least 1 year
> Never had a diagnosis of Hepatitis B or C

Participation involves:

> 4 visits to The Rockefeller University
> Blood work
> Neuropsychological and other health-related questionnaires
> 6-mm punch skin biopsy

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

ALL PHOTOS PROVIDED

landmark building dating back to the 1800s. As we were planning the renovations, there were some regulations in place due to the building's landmark status that were specific to this building which required us to adjust. Out of respect for the building and community, we incorporated some of the elements into our design aesthetic, such as exposed brick walls and the large window exterior. We are proud of how the dispensary reflects the history of the area, while giving it a modern feel that is welcoming to all.

What kinds of medical marijuana products will be available at this new dispensary?

At Columbia Care, we are continuously using real patient feedback to optimize our approach and develop new products. We consider our new Brooklyn space the embodiment of our personalized, patient-centric approach. To meet all patients' needs, we offer our portfolio of proprietary, pharmaceutical-quality, full-spectrum cannabis-based medicines for patients with state-issued medical cannabis cards. Our offerings include tinctures, vapor oil, tablets, suppositories and lotions. We have a pharmacist on-site at all times to work with patients to understand their specific medical needs and recommend an optimal treatment plan consisting of a precisely formulated product and dose.

In addition to medical cannabis, we also offer an assortment of high-quality hemp-derived CBD wellness products available for sale to the public. The products range from oils to lotions and all come from a variety of trusted partners. Knowing that CBD quality can range from product to product, we separately test all of the products sold at our facilities to ensure the products are safe and accurately labeled.

If there was something you could say to someone who may be hesitant to welcome a medical marijuana dispensary into their neighborhood, what would it be?

Our mission at Columbia Care is to improve people's lives through product innovation, research and patient experience, and this is a mission we take very seriously. We currently serve more than 26,000 patients across New York state, so have seen firsthand the therapeutic benefits that our unique, high-quality products can have for patients across the state who are suffering from a range of conditions. We want the residents of Brooklyn to know that our goal is to serve the community by providing a comfortable, welcoming space where patients can learn about the benefits of medical cannabis for their health and wellness needs. We are committed to setting the standard for compassion, professionalism, quality care and innovation for this rapidly growing new industry and work toward this goal every day.

JOHN JAY COLLEGE OF CRIMINAL JUSTICE PROFESSIONAL STUDIES

Explore exciting programs at John Jay College Professional Studies

CUNY THE GREATEST URBAN UNIVERSITY IN THE WORLD

Emergency Services

Become a certified EMT and learn the fundamental skills to assess a patient's condition, apply proper procedure for emergency care and acquire life-saving techniques in emergency situations.

Emergency Medical Technician
(Original $1299 &
Refresher $399)

6pm-10pm, Mon-Thu,
May 28 – Aug 15, 2019

Fire Science Institute

The Fire Science Institute remains one of the leading institutions in fire safety education in New York City. Our programs are current with the local laws and fire codes and prepare you to prevent potential disasters.

BOMR Refrigeration Recertification $175
8:00am-4:00pm Thu May 2, 2019

Fire Life Safety Director Component 1 $255
8:30am-3:30pm Tue & Thu May 7, 9, 14 & 16, 2019

Fire Life Safety Director Component 2 $255
8:30am-2:30pm Tue & Thu May 21 & 23, 2019

F-80 Coordinator of Fire Safety & Alarm Systems $150
8:30am-1:15pm Mon & Wed May 20 & 22, 2019

Security Management

As an approved Security Guard Training School, we offer the mandatory training to be a New York State certified security guard.

16-Hour On-the-Job Training
9am-6pm Sat & Sun
May 4 & 5, 2019 $158

8-Hour Annual In-Service Training
9am-6pm Sat May 11, 2019 $79

For more information: Text JJC to 99267 | Email professionalstudies@jjay.cuny.edu | Call 212-237-8699

Brand-new Godiva Cafe unleashes delicious croissant-waffle hybrid, the 'Croiffle'

Meet your new lunch obsession.

PAT KING
patrick.king@metro.us

PROVIDED

Last Thursday, the world-famous Belgian chocolate maker Godiva opened its first official cafe in the city. The Godiva Cafe, located at East 50th Street and Lexington Avenue, aims to offer not only its renowned chocolate truffles and coffee, but quickly prepared breakfast and lunch meals to meet the needs of New Yorkers who are constantly on the go.

While this brand-new breakfast and lunch menu offers different items such as salads and delicious chocolate-drizzled waffles, nothing is more exciting than the concoction Godiva has unleashed onto the world known as the "Croiffle." This sinfully good meal is exactly what it sounds like. To prepare, a croissant is opened ever so slightly and stuffed with either a savory option of three cheese or cheese and bacon, or a sweet option with the chocolatier's signature chocolate. Then, the whole thing is put into a waffle press to matt the whole croissant-waffle sandwich down into perfection.

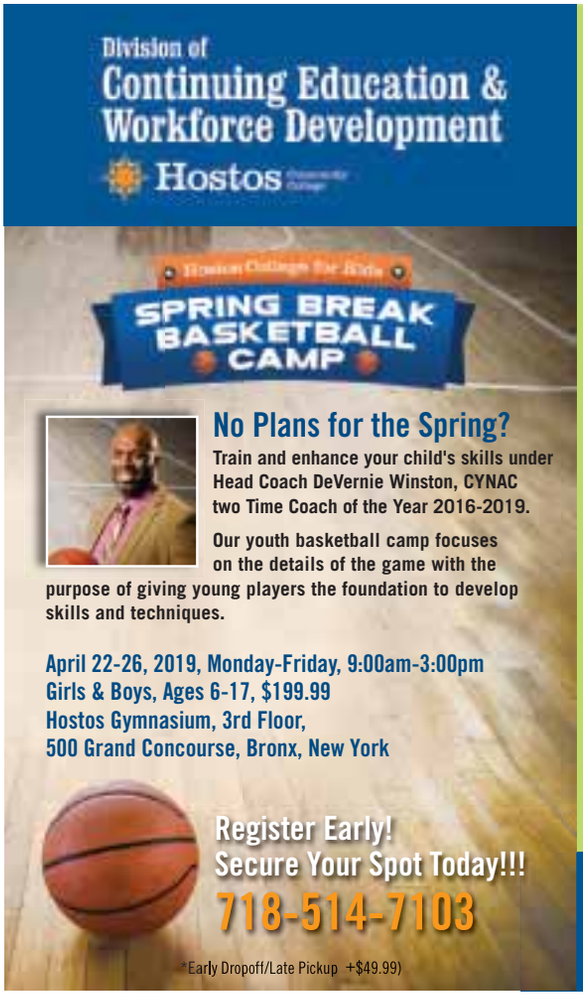
The Croiffle is something that you can't really know how much you've needed all of your life until you've tried it. Once you have, it may haunt your dreams. It's that good. The buttery flavor remains intact, with all of the messy flakiness of a normal croissant gone within the crystallized caverns forged from the waffle iron.

The new cafe took over from the old retail location that had been in that area for years and is adopting a menu tested in a pop-up that was located in the heart of Penn Station. That menu had been created by executive chef and chocolatier Thierry Muret, who has been working with Godiva for 30 years.

Muret believes that by branching out away from only selling retail and providing customers with hot and fresh Belgian-style cooking, it will not only help to show this type of cuisine to a brand-new American audience but also help Godiva innovate and create new dishes like the Croiffle to bring the tradition into the future.

"I would see people order the Croiffle in Penn Station and begin to walk with it," says Muret. "Then they would take a bite and stop, and you could see the look on their faces as if they were saying, 'What the hell happened to me?' That is what I am hoping for!"

Make sure to abandon all of your plans and run to the new Godiva Cafe at 560 Lexington Ave. to try a Croiffle as soon as possible.


Division of
Continuing Education &
Workforce Development
Hostos
SPRING BREAK
BASKETBALL
CAMP
No Plans for the Spring?
Train and enhance your child's skills under Head Coach DeVernie Winston, CYNAC two Time Coach of the Year 2016-2019.
Our youth basketball camp focuses on the details of the game with the purpose of giving young players the foundation to develop skills and techniques.
April 22-26, 2019, Monday-Friday, 9:00am-3:00pm
Girls & Boys, Ages 6-17, $199.99
Hostos Gymnasium, 3rd Floor,
500 Grand Concourse, Bronx, New York
Register Early!
Secure Your Spot Today!!!
718-514-7103
*Early Dropoff/Late Pickup +$49.99)

Hostos College for Kids
SUMMER
ACADEMY
July 1-August 8, 2019
Monday - Thursday
8:00am - 6:00pm $1,599*
6-week program
Kids and Teens
Ages 5-14
Academics & the Arts
Recreational Swimming
Health & Fitness
*Early Bird Special $1,499 per child before May 8, 2019. $100 deposit due upon registration (non-refundable). All Payments due by June 20, 2019.
Sibling discount: 25% off regular registration ($400 savings).
Register Now!
Call 718-514-7103
www.hostos.cuny.edu/Continuing-Ed/Register
Tel 718-514-7103 Fax 718-518-6744 cedu@hostos.cuny.edu
560 Exterior Street, Bronx, New York 10451
CUNY

Aaron Judge is headed to the IL after straining his oblique. GETTY IMAGES

Yankees set to lose Judge in latest injury blow

Yankees slugger strained his left oblique during Saturday's win.

JOE PANTORNO
joseph.pantorno@metro.us

The New York Yankees keep seeing their players drop like flies throughout the early portions of this 2019 season.

It got even worse on Saturday.

Star outfielder and face-of-the-franchise Aaron Judge departed New York's 9-2 victory over the Kansas City Royals early after injuring himself while muscling a single to the opposite field in the sixth inning.

The Yankees announced it was a left oblique injury for which he'd undergo an MRI for further evaluation. He was not in the Yankees' lineup on Sunday and there is no timetable for his return as of yet.

In 20 games this year, the 26-year-old slugger was batting .288 with five home runs and 11 RBI as injury issues continue to persist for the All-Star. Judge missed 50 games last year after suffering a fractured wrist and a right oblique strain.

Manager Aaron Boone, who has seen his roster gutted over the first 21 games of the season, was less than optimistic when he admitted that Judge was going to land on the injured list.

He's the 13th Yankee this season to land on the shelf and the sixth member of the team's Opening Day lineup that is currently out because of injury.

Among notable Yankees, Judge joins Giancarlo Stanton and Gary Sanchez as big-time bats forced to the bench as the powerful Bronx Bombers have been reduced to fielding a ragtag group that is struggling to navigate an easy portion of their schedule in 2019.

Luckily for them, the defending-champion Boston Red Sox are experiencing just as miserable a start. So a Yankees team flirting with .500 through the 20-game mark is still in second place in the AL East behind the Tampa Bay Rays.

With Judge out, the Yankees have recalled Thairo Estrada, the lone player left on the 40-man roster to call up, from triple-A Scranton/Wilkes-Barre.

Estrada, however, is a middle infielder who doesn't address New York's sudden lack of outfield depth. With Judge out, the team's remaining outfielders are Brett Gardner, Clint Frazier, Mike Tauchman and utility infielder Tyler Wade.

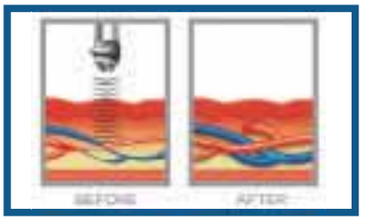
With star reliever Dellin Betances set to miss six to seven weeks because of a shoulder injury, the Yankees might have to move him to the 60-day injured list and call up another outfielder to put on the 40-man roster.

SUFFERING FROM
ERECTILE DYSFUNCTION
OR JUST WANT TO ENHANCE YOUR PERFORMANCE?
Breakthrough GAINSWave™ Treatment Now Available in New York!

Manhattan Medical Associates specialize in treating Erectile Dysfunction (ED) and performance issues using the latest state-of-the-art technology for in-office treatment of ED without the use of needles, drugs, or surgery. This ED medical breakthrough uses painless Acoustic Pressure Waves to improve a man's sexual performance and produce an erection, eliminating the need for medications by regenerating blood vessels and erectile tissue.

NO SHOTS
NO PAIN
NO DOWN TIME

Manhattan Medical Associates utilizes high frequency, low intensity sound waves to improve blood flow to the penis. The sound waves repair aged blood vessels, stimulate growth of new blood vessels and remove decades of micro-plaque. Manhattan Medical Associates is designed to optimize efficacy, safety and results. GAINSWave™ is a safe, comfortable and proven twenty minute procedure for men to optimize sexual performance and to reverse the effects of ED.



The pulsating waves of GAINSWave™ promotes increased blood flow to the penis by opening existing blood vessels and stimulating the growth of new blood vessels.

GAINSWave

*Individual results may vary. © All rights reserved.

Be ready when the intimate moment arises.
CALL TODAY! (212) 336-3827

MANHATTAN MEDICAL ASSOCIATES

www.ManhattanMedicalAssociates.com
161 Madison Avenue 6th Floor New York, NY 10016

Isles' Lehner up for Vezina Trophy

The Islanders netminder is up for the top award for his position.

JOE PANTORNO
joseph.pantorno@metro.us

Islanders goalie Robin Lehner is one of three finalists for the Vezina Trophy. GETTY IMAGES

The magical season of Robin Lehner continues.

Shortly after helping his New York Islanders sweep the Pittsburgh Penguins in the first round of the Stanley Cup playoffs, the goaltender was named one of three finalists for the Vezina Trophy, the annual award for the best netminder in the NHL.

The 27-year-old, who is in his first season with the Islanders, went 25-13-5 with a .930 save percentage that ranked second in the NHL and a 2.13 goals-against average. It was by far the finest season of his nine-year career that featured stops with the Ottawa Senators and Buffalo Sabres.

His performance was quite a reward for the Islanders' showing of good faith after the netminder experienced a harrowing offseason.

After letting a reported eight or nine interested teams know over the summer that he had just completed rehab for mental health issues along with drug and alcohol addiction as a free agent, the Islanders were one of just two teams that remained committed to Lehner, offering him a one-year contract.

Along with Thomas Greiss, Lehner flourished behind a resolute Islanders defense that helped the two win the William Jennings Trophy as the goaltenders who allowed the fewest goals in a season.

During a run that saw the Islanders evolve from laughingstock to Eastern Conference power, Lehner became a fan favorite in New York as his stellar goaltending was matched by his passion for the organization and its supporters.

"They're amazing," Lehner said of Islanders fans. "They're a part of saving a lot of lives, these fans and what they're doing right now. They've certainly helped me in my journey, saving my life. It's just the beginning and hopefully, we can all keep going with this."

Lehner joins Andrei Vasilveskiy of the Tampa Bay Lightning and Ben Bishop of the Dallas Stars as finalists for the Vezina Trophy — his second major nomination of the week. He is also up for the Masterton Award, given to the player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey.

The winners will be announced June 19 in Las Vegas at the NHL's annual award show, shortly after the Stanley Cup Finals conclude.

With the Islanders still very much in the mix for a first championship since 1983, Lehner's sights aren't quite on those individual honors yet.

"It'd be really nice if we win the Cup first," Lehner said. "These recognitions are nice. It's giving me a chance to keep building on a platform that I've started with a lot of these issues that I want to work with and shed light on and help change the perception of everything, because I think there's a long, long way to go."

ARE YOU AT LEAST 18 YEARS OF AGE AND WANT TO CONTRIBUTE TO MEDICAL RESEARCH?

Biotrial is currently recruiting healthy non-smoking male volunteers for a research study which includes an in-house stay of 11days/10nights and 1 out-patient visit.
Eligible volunteers may be compensated up to $2800 for participation in the study.

You must be:

- Healthy male aged 18 to 55 years old.
- BMI between 18 and 30 kg/m^2.
- Non-Smoker or ex-smoker for more than 6 months.

TO LEARN MORE:

Call us: 844-246-8459 | Email us: recruitment@biotrial.com | Visit us: www.biotrial.com

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to the NJ Transit Norfolk Street light rail station.
- Our clinical unit is only 6 minutes from Newark Penn Station and approximately 30 minutes from NY Penn Station.

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Does appendicitis run in your family?

Researchers at The Rockefeller University are conducting a study to understand if there are certain genes associated with appendicitis.

You may be eligible if you and a family member(s):

> Had appendicitis and an appendectomy before the age of 19

Participation includes:

> Ability to enroll even if you or your family member don't live in the NYC area
> Blood or saliva samples (can be mailed in)
> Questionnaires

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

NASH STUDY

Living with Nonalcoholic Steatohepatitis (NASH) or Fatty Liver Disease?

CHEAR Center is conducting a Clinical Research Study for Volunteers with NASH

QUALIFIED VOLUNTEERS MUST:

- Have a history of NASH or Fatty Liver Disease
- Be willing to undergo study procedures and a liver biopsy

QUALIFIED PARTICIPANTS:

- May receive compensation for time and travel
- Will receive study related medications and examinations at no cost

If interested please call us at: 347-270-1111

Weill Cornell Medicine

Compensation up to $2400

A 32-week study with 6 doses of investigational drug or placebo.

Qualified participants may receive study-related tests and individual counseling.

Mon–Fri | 9am–5pm
646.962.4508
anticocaine@med.cornell.edu

Are you dependent on cocaine?

Confidential Research Study

Approval Date: 01/15/2019
Expiration Date: 01/14/2020

IRB# 1206012440

Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing *pain, numbness, aching, burning, or "pins and needles"* sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of $220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information Call: (212) 365-0346

NEW YORK UNIVERSITY

RESEARCH VOLUNTEERS NEEDED

Healthy HEROIN users are needed for an inpatient study at the Columbia University Irving Medical Center. Earn approximately $6,550-$7,350.

Call 646-774-6243

Columbia University Irving Medical Center | New York State Psychiatric Institute

REAL ESTATE

Rentals

OFFICE SPACE FOR RENT

Great location
(opposite Fox Studio) and Price
200 sq ft office (double window)
$1,770 per month all-inclusive rent
Located 6th avenue, opposite Fox Studio)

Please call 212-730-2300 ext. 105

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

100's Available, All Boroughs

Rooms: $150 week/up
Studios: $900 month/up
212-210-9206

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
U.S. BANK NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLELY AS TRUSTEE FOR THE RMAC TRUST, SERIES 2016-CTT, Plaintiff, vs. JOSE MALDONADO, ET AL., Defendant(s).
Pursuant to an Order Confirming Referee Report and Judgment of Foreclosure and Sale duly filed on February 13, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on May 3, 2019 at 10:00 a.m., premises known as 165-21 144th Drive, Jamaica, NY 11434. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 13271 and Lot 2.
Approximate amount of judgment is $408,439.04 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 710109/2015.
Dennis S. Cappello, Esq., Referee
For sale information, please visit Auction.com at www.Auction.com or call (800) 280-2832
Schiller, Knapp, Lefkowitz & Hertzel, LLP,
200 John James Audubon Parkway, Suite 202,
Amherst, New York 14228,
Attorneys for Plaintiff.

NOTICE OF FORMATION of BHI 4You LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/13/2019. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Yonsei Accounting, Inc. 192-14 Northern Blvd., Suite 2C, Flushing, NY 11358-2955. Purpose: any lawful activity.

NOTICE OF FORMATION of Redink Tattoo Studio LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 01/14/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 315 West 54th Street, New York, NY 10019. Purpose: Tattoo and Piercing.

ITEMS FOR SALE

ELIMINATE RATS & MICE – GUARANTEED!

Buy Harris Baits, Traps & Repellents.
Available: Hardware Stores,
Buy Online: homedepot.com

CAREER TRAINING

ACCESS INSTITUTE

JOBS

We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets **Call Now**

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor (Btwn 35th & 36th Street)
Liberty High School Vt.

Big Discount on OSHA

10-Hour OSHA: $80.00
30-Hour OSHA: $230.00
Security Guard Training: $145
Visit website to see more Training
Tribune Training Academy Inc.
29-28 41st Ave, LIC, NY 11101
(718) 790-2664
www.tribunest.com

LEGAL NOTICES

EQUILIBRIA LEADERSHIP CONSULTING LLC. Cert. of Auth. filed with the SSNY on 03/20/2019. Organized 12/05/2013 in PA. Office: New York County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 525 S. 4th Street, Philadelphia, PA 19147. Authorized officer where Cert. of Org. filed: PA Sec. of Cmlth., 302 N. Office Bldg., 401 St., Harrisburg, PA 17120. Purpose: Any lawful purpose.

LEGAL NOTICES

Legal Notice
Savoy Bank

NOTICE IS HEREBY GIVEN that the Annual Meeting of Stockholders of Savoy Bank will be held on Tuesday, April 30, 2019 at 5:00 P.M. at the Main Office of the Bank, 600 Fifth Avenue, 17th Floor, New York, NY 10020, at which time the following business will be transacted: (i) the election of directors, (ii) the approval of the Plan of Acquisition, whereby a new holding company, Savoy Bancorp, Inc. will acquire 100% of the outstanding stock of the Bank, (iii) the approval of the Bank's independent accountant for the fiscal year ending December 31, 2019, and (iv) such other business as may properly come before the meeting and any adjournments thereof.

metro CLASSIFIEDS

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
BCB Community Bank, successor by merger to Indus American Bank, Plaintiff, vs. Mohammad A. Shah a/k/a Mohammed A. Shah, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on March 20, 2019, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on May 10, 2019 at 10:00 a.m., premises known as 2718 30th Avenue - Units 13 and 14, Astoria, NY. All that certain plot, piece or parcel of land, with the erected, situate, lying and being in the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 576 and Lots 1013 and 1014. Approximate amount of judgment is $582,187.08 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 708027/2017.
Stephen D. Hans, Esq., Referee
Ostrowitz & Ostrowitz, Esqs.,
225 Gordons Corner Road,
Suite 1J,
Manalapan, New Jersey 07726,
Attorneys for Plaintiff.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF Queens,
Vanderbilt Mortgage and Finance, Inc., Plaintiff, vs. Marline A. James, Diedere Wildman, ET AL., Defendant(s). Pursuant to an Order Confirming Referee Report and Judgment of Foreclosure and Sale duly filed on March 5, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on May 10, 2019 at 10:00 a.m., premises known 97-33 104th Street, Richmond Hill, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 9406 and Lot 40. Approximate amount of judgment is $1,079,461.82 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 16121/2012.
Gregory J. Newman, Esq., Referee
Greenspoon Marder,
590 Madison Avenue,
Suite 1800, New York, NY 10022,
Attorneys for Plaintiff

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!

Without HHA? You can still help elderly friends & family members for great pay!

646-799-6062

212-564-3882 I 646-832-7647

or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

PSYCHICS

WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER

PANDITH : SAI GANESH

PALM READING * FACE READING * HOROSCOPE

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC BAD LUCK EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION

LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH * JOB * MONEY * LUCK * BIRTH STONES * DEPRESSION * ENEMY * SEXUAL PROBLEM * COURT CASES * ETC..

SPECIALIZED IN BRINGING LOVED ONES BACK

100% GUARANTEED RESULTS

Call for Appointment: 8 AM to 9 PM

PRIVATE & CONFIDENTIAL

929-485-9011

104-12 116th St., Liberty Ave, South Richmond Hill NY 11419 (Private House)

Mr. SAIDOU

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948

132nd Street, 7th Ave., Manhattan, NY

Healer and Clairvoyant

From a well known spiritual family who combined the power of spirituality, healing and love. Guarantee to bring your partners, love ones within 72hrs., clear bad luck and obia in just one cleansing, break unwanted relationship, court cases, protection etc.

Even the worst case scenario, just call Mr. Suwa on

347-792-9714 • Brooklyn.

Payment after result.

www.psychicsuwa.com

SPIRITUAL HEALER

MASTER : BADRA

COME TO KNOW YOUR PAST, PRESENT, FUTURE

* MARRIAGE PROBLEMS * BUSINESS PROBLEM
* HEALTH & SICKNESS * HOUSE PROTECTION
* HUSBAND & WIFE * LOVE & RELATIONSHIP
* CHILDREN BAD HABITS * ANY TYPE OF PROB.
* JOB & EDUCATION

GIVE ME 1 CHANCE I WILL MAKE YOUR LIFE BEAUTIFUL

100% REMOVAL OF BLACK MAGIC, EVIL SPIRIT, NEGATIVE ENERGY & GIVE YOU LIFE PROTECTION

Call : **646-436-5544**

2910 1A, Glenwood Road
Flatbush Avenue, Brooklyn, NY. 11210
(Private House) 100% Guarantee Results

WORLD FAMOUS INDIAN PALMIST & SPIRITUALIST

PANDITH: RAVI SHANKAR GURU JI

MEET ONCE 100% EXPERT PANDITH

EXPERT IN REMOVING PROBLEM LIKE

Health, Depression & Blockage, Enemy Problems, Jealousy, Sexual Problems, Business Problems, Money Problem, Childless Couples, Worried About Loved Ones

FREE READING MON'S & SAT'S

He Can Handle, Remove & Destroy Black Magic, Voodoo, Obey, Witchcraft, Demonic Forces, Evil, Bad Luck & All Negativity And Gives Protection

"LIFE IS TOO SHORT" DON'T SUFFER!

347-553-1494

103-02 LEFFERTS BLVD. RICHMOND HILL, NY 11419 (INSIDE PRIVATE HOUSE)

PROFESSOR KARAMO

NO PROBLEM WITHOUT SOLUTION

INTERNATIONAL SPIRITUAL HEALER CLAIRVOYANT FROM AFRICA

I CAN HELP WITH ALL YOUR PROBLEMS EVEN MOST DESPERATE CASE WHERE OTHERS HAVE FAILED TO HELP

BRING BACK LOVE ONE, REUNITE LOVERS, FAMILY PROBLEMS, SEXUAL PROBLEMS, BUSINESS, EXAMS, JOBS, COURT CASE

BLACK MAGIC, VOODOO PROTECTION FROM ENEMIES, OR BUSINESS DIFFICULT OF CHILD OR DIFFICULT OF GETTING A CHILD HEALTH ISSUE OR EVIL SPIRITS, ETC.

Work Private And Confidential

Quick Result In Few Days

100% Guarantee

Call: 646-331-8597 / 929-326-2899

Speak: English / French

Trains 3 To Sutter Ave & Rutland Road

Email: madibatabatouenploi@gmail.com

Payment After The Results.

INDIAN ASTROLOGER & PSYCHIC READER

MOST POWERFUL PANDIT : VIKRAM RAJ

ONE CALL, ONE VISIT WILL CHANGE YOUR LIFE

SPECIALIZED IN : BRINGING LOVED ONES BACK, EVEN HOPELESS CASE

Expert in Removing BLACK MAGIC Bad Luck, Voodoo, Obeah, Witchcraft, & Evil Spirits

100% GUARANTEED RESULTS

VIKRAM RAJ IS AN EXPERT IN REMOVING PROBLEMS LIKE

* BUSINESS * STOP DIVORCE * CHILDREN MISTAKES
* BAD LUCK * WORK PROBLEM * COURT CASES
* BLACK MAGIC * FINANCIAL PROBLEM * CHILDLESS COUPLES
* REUNITE LOVERS * HUSBAND & WIFE PRO. * SEXUAL PROBLEMS

CALL FOR APPOINTMENT PRIVATE & CONFIDENTIAL

347-279-7360

104-14, 118st, S. Richmond Hill, NY - 11419 (Private House)

UNIQUE SPIRITUAL HEALER & ASTROLOGER

HEALER VISHNU

SPECIALIZED IN BRINGING LOVED ONES BACK

100% REMOVAL OF BLACK MAGIC

* LOVE * FAMILY
* CHILDREN PROBLEM
* HEALTH * JOB * MONEY
* LUCK * STOP-DIVORCE
* DEPRESSION
* ENEMY
* SEXUAL PROBLEM
* BLOCKAGE
* COURT CASES ETC..

Result in 5 to 8 Days 100% GUARANTEED RESULTS

CALL FOR APPOINTMENT

929-500-6964

Service Available in Brooklyn & Queens Also

INDIAN PSYCHIC & SPIRITUAL HEALER

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC BAD LUCK EVIL SPIRITS & GIVES HOLY SPIRIT PROTECTION

LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH JOB-MONEY * LUCK * BIRTHSTONES * DEPRESSION ENEMY * SEXUAL PROBLEMS * COURT CASES * ETC...

SPECIALIZED IN BRINGING LOVED ONES BACK

PRIVATE & CONFIDENTIAL 100% GUARANTEED RESULTS

MASTER JAI DEV

347-432-8139

944 Flatbush Avenue, Brooklyn, NY 11226 (Next to KFC)

ITEMS WANTED

Absolute Yes! SAME DAY

!CASH PAID!

$45 AcuChek 100/Smartview100

888-415-0796 instant! for Diabetic Test Strips

224 w 116 st, M-F, 2-4 p or mail in B,C,2,3 trains

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

metro CLASSIFIEDS

GAMES

metro.us/crossword

Powered by Arkadium

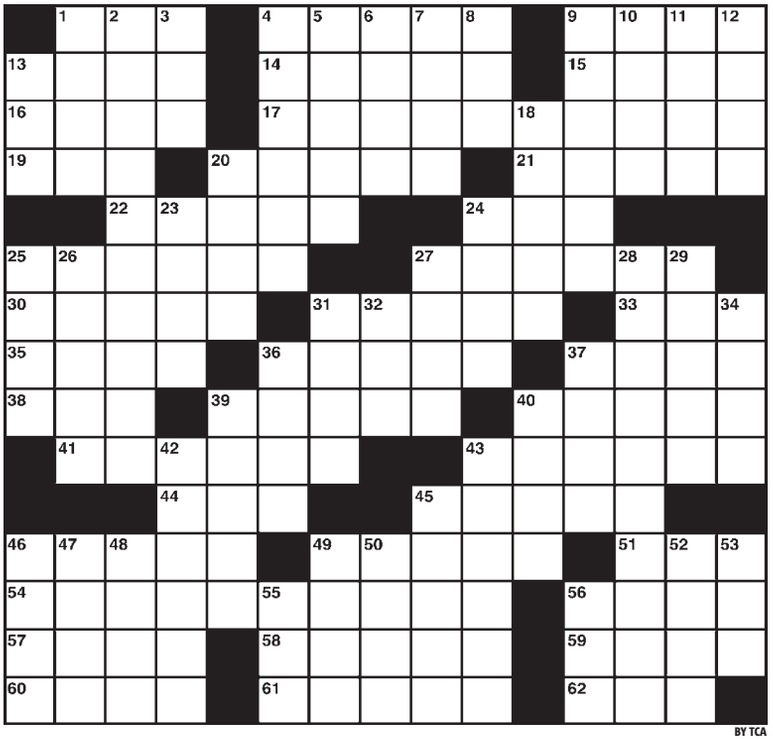
Check your answers at metro.us/games

ACROSS

1 Full of hot __; talking nonsense
4 Not rural
9 __ on fire; ignites
13 Wild feline
14 Money, slangily
15 Waterproof cover
16 Notice
17 Coffin carrier
19 Feasted
20 Filthy
21 Dangerous
22 Gets closer to
24 In favor of
25 Morphine or codeine
27 Flings
30 Prefix for violet or sound
31 Check recipient
33 Mover's truck
35 Rod and __; fishing gear
36 Piers
37 Short note
38 __ Francisco
39 Cruel man
40 Generous one
41 Not as fresh
43 Bell's middle name
44 Solemn promise
45 Steam bath
46 Shining
49 Street talk
51 __ de plume
54 Brilliant idea
56 Cartoon dog
57 Come to shore
58 Sifter's device
59 Actress Tuesday
60 Observes
61 Near the center
62 Begley & others

DOWN

1 Vienna's nation: abbr.
2 Not remorseful
3 Sunbeam
4 Baseball official
5 Laughs loudly
6 Leave suddenly
7 Friendly nation
8 Capture
9 Elevator alternative
10 Hearing organs
11 Long journey
12 Agile
13 Small veggie
18 Jagged
20 Facts & figures
23 British noble
24 Enemies
25 "__ is not to reason why..."
26 Tearful requests
27 Toddler
28 Fair; impartial
29 Pago Pago, American __
31 Rain heavily
32 Go on stage
34 Accepted standard
36 Carey or Barrymore
37 Complain
39 __ away; amazed
40 Controlled substance
42 Steers clear of
43 Male goose
45 Ointment
46 Capable
47 "The Old __ Mare"
48 Path
49 Lower leg part
50 Claim against property
52 Lubricates
53 TV's "Chicago __"
55 Series for Ted Danson, once
56 Have unpaid bills



BY TCA

metro.us/wordsearch

D	E	C	I	T	S	U	J	A	O
M	A	Q	U	A	M	A	N	R	V
A	A	W	G	H	W	W	C	R	I
N	B	R	O	R	W	E	D	O	G
H	L	A	T	N	O	O	Z	W	R
U	F	E	T	I	D	B	M	T	E
N	L	T	A	M	A	E	Y	A	E
T	A	Q	U	G	A	N	R	C	N
E	S	A	Z	B	U	N	C	D	L
R	H	N	A	M	R	E	P	U	S

Aquaman
Arrow
Batman
Cyborg
Flash
Green
Justice
League
Manhunter
Martian
Superman
Woman
Wonder

metro.us/wander

Category: Band

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	8							3
7	6	9		3			4	1
4				7	6	8		2
	2	7			4	9		6
		6	2		3	1		
5		8	6			3	2	
1		4	3	6				5
8	9			2		6	1	7
6							3	

Yesterday's Answers

U	P	S			T	E	A	C	H		E	B	B	S
G	R	O	W		A	L	L	A	Y		S	O	A	P
H	O	R	A		P	E	S	T	S		T	O	U	R
	P	E	N	T	E	C	O	S	T		E	M	M	Y
			T	A	R	T			E	W	E			
S	T	A	I	N	S		A	T	R	E	M	B	L	E
T	R	U	N	K		B	R	A	I	D		R	E	V
R	U	N	G		C	O	M	M	A		L	O	V	E
A	C	T		P	A	N	E	S		M	A	K	E	R
P	E	S	T	E	R	E	D		F	I	N	E	R	Y
			H	A	D			B	O	N	D			
S	A	G	A		I	N	S	U	R	G	E	N	T	
A	D	A	M		N	O	O	S	E		R	E	A	L
F	A	Z	E		A	N	D	E	S		S	A	K	E
E	Y	E	S		L	E	A	S	T			T	E	E

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, Suite 220 New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **U.S. Publisher** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** Morgan Rousseau, morgan@metro.us • **News Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Features Editor** Pat King, Patrick.King@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

Endless Summer Adventures Await...

In St. Lucia, your list of Summer Adventures will include so much more than sun and sand delivering unforgettable experiences for the Best Week of Your Life! Our 85-acre resort provides endless sun-kissed activities and ourprime location close to the island's top attractions affords picture-perfect sites to discover.

BOOK NOW & SAVE UP TO 70% and receive $1,000 IN RESORT CREDITS ON A 7-NIGHT STAY

Coconut Bay®
BEACH RESORT & SPA - ST. LUCIA

2018 TRAVELERS' CHOICE tripadvisor

ST. LUCIA'S AWARD-WINNING PREMIUM ALL-INCLUSIVE

9 Restaurants | 7 Bars | 5 Pools | One Mile Of Beach | Daily Activities
Oceanfront Spa | Nightly Entertainment | Free Airport Transfers from Hewanorra Int.'l Airport

Fodor's BEST ST LUCIA

For Reservations or More Information, Call 877.252.0304 or Visit CBAYRESORT.COM

12834